

How can I prepare for a visit to my dentist?

Plan ahead. Talk with your doctor and dentist before the visit about the best way to take care of your blood glucose during dental work.

You may be taking a diabetes medicine that can cause low blood glucose, also called **hypoglycemia**. If you take **insulin** or other diabetes medicines, take them and eat as usual before visiting the dentist. You may need to bring your diabetes medicines and your snacks or meal with you to the dentist's office.

You may need to postpone any nonemergency dental work if your blood glucose is not under control.

If you feel nervous about visiting the dentist, tell your dentist and the staff about your feelings. Your dentist can adapt the treatment to your needs. Don't let your nerves stop you from having regular checkups. Waiting too long to take care of your mouth may make things worse.



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